

T'ai Chi

Monday evenings 6:30 p.m. at the Town Office (in the Select Board meeting room off the parking lot behind the building)

April 1 - May 13

Cost: \$60 for full session or \$12 for drop-ins

Beginners as well as experienced students are welcome. The aim is to help each student achieve his/her personal goals for this class.

Instructor John Holland, a Harpswell resident, has been practicing T'ai Chi for 12 years. During that time he was fortunate to study with numerous T'ai Chi Masters including Stephen Watson, one of the leading T'ai Chi practitioners and the World Champion in push hands for a number of years.

Elements of T'ai Chi:

- Slowness: to develop awareness
- Lightness: to make movements flow
- Balance: to prevent body strain
- Calmness: to maintain continuity
- Clarity: to focus the mind

Benefits of T'ai Chi:

- Good for all ages
- Helps those with chronic illnesses or recovering from heart/stroke conditions
- Improves balance, flexibility & stress management
- It's FUN!

Registration deadline: March 25, 2013

Send Fee & Form to: Town of Harpswell, Recreation Dept., P.O. Box 39, Harpswell, ME 04079

FMI: Contact Gina Perow 833-5771 or recreation@town.harpswell.me.us

----- PLEASE DETACH HERE -----

T'ai Chi SPRING 2013

For office use only:
_____ #R4178

Name _____
 Address _____ Zip _____
 Phone (day) _____ Phone (eve) _____
 Cell _____ E-mail _____
 Emerg. Contact _____ Phone _____

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless

Each person signing below understands that participation in the Town of Harpswell ("Town") program, activity and/or special event can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that the Town, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) occurring during or arising out of participation in any Town program, activity and/or special event. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Town program, activity and/or special event. Each person signing below hereby releases and agrees to indemnify and hold harmless the Town and **John Holland**, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) that may arise or occur during or in connection with said program, activity and/or special event. ****Photos & videos taken may be used for local publicity****

Signature _____

Return Completed Form to the Town Office There is an after-hour dropbox to the right of the glass entrance. *Open by 5:30* **dee miskill**